LIFE

Marathon men make better partners

Toronto metro

Your essential daily news | TUESDAY, APRIL 14, 2015 High 16°C/Low 1°C Sun!

SAVING THE CITY'S BUTTERFLIES
TORONTO NEWS

Vandals to dog park: Don't fence in Fido

ANIMALS

Meanwhile, pet owners worry Doggy Liberation Front is back

Luke Simcoe
Metro | Toronto

A dog enjoys a spring day off-leash in High Park. LIZ BEDDALL/METRO

After fences and gates near High Park's off-leash dog area were vandalized last week, some concerned dog owners are wondering if the Doggy Liberation Front is staging a comeback.

Between Thursday evening and Friday morning, someone cut holes in the fence surrounding the park, hacked through bolts and removed one gate entirely, said Natasha Vaney, chairwoman of the High Park K9 Committee.

"It's obviously a group of individuals. I don't think one person could have done that much damage in one night," Vaney said.

A similar spate of vandalism occurred in 2011, when a group calling itself the Doggy Liberation Front claimed responsibility, but no one was ever arrested.

There have been sporadic incidents ever since, but Vaney said the last time the fence was cut was over a year ago.

"It would be great to catch the person responsible. We're all getting fed up with it," she said.

Catching the culprits is easier said than done, according to Coun. Sarah Doucette.

"We've had the police involved previously, but obviously they can't do stakeouts," she said. "So we're relying on park users and off-leash dog users to notify us of anything suspicious."

Doucette said the repeated vandalism is costing the city roughly $10,000 a year.

"That's money we could be using to enhance the off-leash area," she said.

Both Doucette and Vaney agreed the damaged fencing poses a serious problem for park users. A number of dogs have been injured by the jagged edges, while others have been found running through zones meant to protect local flora.

While the Doggy Liberation Front left cards behind announcing its actions, no one has stepped forward to take credit for the recent vandalism.

"They should confess," Vaney said. "If they're trying to make a point, they should at least tell us their side of the story."

> **My biggest concern is that when you're cutting a fence you're putting a dog's life in danger.**
> Parkdale-High Park Coun. Sarah Doucette

JAYS GO DOWN IN HOME OPENER

Jose Bautista is tagged out in the ninth Monday, as the Rays beat the Jays 2-1. See story in sports. NATHAN DENETTE/THE CANADIAN PRESS

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metro NEWS
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Researcher makes a monster discovery. Story, Toronto news

City's pilot project to give better direction on trails

CITY HALL

New signs' aim is more consistency and reliability

Gilbert Ngabo
Metro | Toronto

The City of Toronto is investing $525,000 in a pilot project to overhaul signage in parks and trails, easing walking and cycling activities.

Parks, Forestry and Recreation division is currently looking for feedback from members of the public about the proposed design of various signs. The pilot project of this wayfinding initiative is likely to roll out next year in the Lower Don Valley, south of Pottery Road, and Riverdale Park.

"There isn't consistency in the existing signage," said Janette Harvey, the city's natural environment specialist, explaining that some places are currently crowded with signs while others have none.

"In other cases, some information is outdated and not reliable, so we would like to consolidate those signs into something better."

As people take on active lifestyles, the city must address their needs by integrating the existing wayfinding systems to minimize repetition and clutter, and facilitate movements in the parks, Harvey said.

Some of the proposed new signs would include information panels and community notice boards. Each sign would have a decorative cut-out pattern to let light through, helping the sign blend into the landscape.

Two young cyclists make their way down a path in High Park on Monday. LIZ BEDDALL/METRO

> **We want one identity for signs in Toronto's park settings.**
> Janette Harvey

Planners have already met with stakeholders, including cycling and hiking groups, as well as friends of the parks groups. The just-launched online survey is another way of reaching out to a broader audience for more input, Harvey said.

"We want one identity for signs in Toronto's park settings," she said, adding that the project will include digital designs to complement sign usage.

An evaluation was conducted in the pilot area to learn how people find their way in the parks. Once the new signs are installed, there will be another review to examine the difference, and see where more improvement is needed before launching a full-scale rollout throughout more than 1,500 recreational areas.

FREE IMMUNIZATIONS

Worker positive for Hep A

Public health officials in Toronto are holding another free immunization clinic after an employee at an east-end juice bar tested positive for hepatitis A.

They say anyone who drank juice from the Big Carrot between March 17 and April 2 may have been exposed to the virus, which can cause a potentially serious liver disease.

Toronto Public Health says the hepatitis A vaccine is most effective when received within two weeks of exposure.

It says symptoms typically appear between 15 and 50 days after exposure, although some who contract it may not show any sign of infection.

Symptoms include fever, fatigue, nausea, dark urine, stomach pains and jaundice.

THE CANADIAN PRESS

IN BRIEF

Man charged with sexually assaulting teen

A Toronto man is facing charges in several sexual assaults on a minor.

Police say Michael Warger, 23, began communicating with the girl, who is now 14, on social media last year and met her in person three times. They allege the man sexually assaulted her each time they met.

THE CANADIAN PRESS

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BEACHES

Store closes after 50 years

The sign in the window of Cirone's Fine Foods, the half-century-old grocery store, repository of Beaches hospitality, and dauntless seller of unsellable knick-knacks, says "Happy Retirement … Celebrate with Joe."

Joe Cirone, the shop's proprietor and namesake, recently announced, via the sign in the window, that he is retiring. Except no one seems happy about it, and no one seems in the mood for celebrating.

Cirone says he bought the Queen Street East grocer's when he was 22. He turned 75 last year. Having poured his life into the place, he's not entirely sure what to do with himself.

"I don't have free time, really. My customers are my free time."

Big-box stores like the Valumart down the street have sapped his business in the past few years.

"It's not easy like it used to be," he said. "There's so many big stores that take all the customers away."

It's a painful exit for a man born to the grocery business. Back in Bari, Italy, his father sold wholesale produce: asparagus, walnuts, things like that.

Their family came to Canada when Joe was 16. He's never been back, unlike many of his siblings.

The shop wasn't his only preoccupation these 50 years: Cirone is a prolific family man, and he measures his tenure on Queen Street in offspring.

A deeply religious Catholic, with a newspaper clipping about Pope Francis tacked to his doorframe, he treats his role in the neighbourhood like a vocation.

"Treat your neighbour like yourself," Cirone said.

TORSTAR NEWS SERVICE

Torontonians enjoy a cold treat in the sun at The Big Chill on College Street, Monday, as temperatures reached a high of 17 degrees. LIZ BEDDALL/METRO

Finally, spring has come

WEATHER

Environment Canada is confident the worst is over

Gilbert Ngabo
Metro | Toronto

Hold your breath no more Toronto.

Spring is finally here, officially.

With this week's temperatures forecasted to be "way above" seasonal averages, Environment Canada is confident the Greater Toronto Area has seen the worst of this year's cold weather.

"It's time to enjoy some spring-like weather, for sure," said Geoff Coulson, meteorologist with Environment Canada.

Not yet to a point where we are getting high teens and low twenties everyday, but "definitely turning the corner" into the more seasonable weather, he said.

Normal daytime temperatures in Toronto mid April hover around 12 degrees, he said. It is expected to climb down to that level later in the week, after being mildly nice over the weekend and early this week, hitting around 20 degrees Monday afternoon.

Coulson said it's not abnormal to see extremes in the dying days of winter, but the exception this year has been seeing colder than usual temperatures in March and early April. All that is history now.

> **"No more freezing temperatures for the GTA."**
> Geoff Coulson, meteorologist

"No sporadic snowflakes anymore," he said, revealing he was out on the tennis court Sunday, as a testament of cold days being over.

However, there will continue to be some single digits temperature overnights for parts of the month before breaking into total warm weather, he noted.

There could be some rain for some parts of April, but "no more freezing temperatures for the GTA," he said.

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THOUSANDS OF CANADIANS CHOOSE ECUADOR FOR THEIR RECREATION AND INVESTMENT PROPERTIES

The trend is not new: each year, thousands of Canadians flee the cold and the snow, heading south to sun destinations for weeks or months at a time. While many dream of owning a property in the South, the uncertainty surrounding the entire process can make taking the next step somewhat daunting. Not to worry! Since 2010 the Canadian company HolaEcuador has been helping Canadians succeed in acquiring their own piece of paradise.

GUIDANCE AND SUPPORT: KEY FACTORS

The Canadian company HolaEcuador understood the challenges faced by Canadian snowbirds and now facilitates the sun property acquisition process. After having visited Mexico, Costa Rica and Panama, company co-owners Gordon Poole and Yves Cormier chose Ecuador as the ideal location. The quality of the country's infrastructure, incredible biodiversity, low cost of living, beautiful landscapes, accessible and modern healthcare system and year-round mild climate were the decisive factors.

"Since 2010 we have helped hundreds of Canadians acquire a property on the Pacific coast of Ecuador", says Mr. Poole, VP Design and Construction. "We are literally creating an entire seaside village. Of the 1,700 properties that we had available at the start of the project, only 600 remain unsold. And now with the majority of the site infrastructure completed, home construction is ramping up quickly."

In Calgary, Ms. Finley and Mr. Wright enjoyed watching the weekly photos from HolaEcuador's construction team of their house being built from ground breaking to completion. "From our sales rep Paris to our designer Josee, everyone took the time to answer our questions and

Mr. and Mrs. Oulianov, HolaEcuador Clients

build a personal relationship with us", says Ms. Finley. "Investing with a Canadian Company in a gated community gave us confidence and security. Because of HolaEcuador we are living the dream."

GOOD TIME TO INVEST

For now, Ecuador remains a relatively well-kept secret. "Prices reflect what was available in Costa Rica 15 years ago, but in a country where first-rate and modern infrastructure is already in place" confirms Mr. Poole. "Further, the Ecuadorian government is very stable and the currency is the US dollar, which is also very reassuring for investors.", he adds.

All that said, prices are rising quickly with the current real estate boom in the region. In Ottawa, Mr. and Ms. Oulianov wanted to act quickly and take advantage of the favourable market. "The development itself is spectacular - an endless beautiful beach, lots of parks and gardens, services available right on the site, and a ton of activities available in the region. We're convinced that this will be a fantastic community in a secure and comfortable environment."

TO GET MORE INFORMATION

"At HolaEcuador's informational seminar I was pleased to discover the high level of professionalism of the developers and the overall quality of the project. In addition to providing lots of interesting information about Ecuador in general, Mr. Poole also provided an in-depth look into this residential project and he took the time to answer numerous questions from the participants. The information that was provided at the seminar left me with a great deal of confidence to take the next steps in realizing my dream." says Al Hendley.

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DINOSAURS

Researcher at U of T debunks birth theory of sea monsters

Jessica Smith Cross
Metro | Toronto

A Toronto researcher has discovered the true birth story of a real-life sea monster: The mosasaur, a giant extinct predatory lizard.

University of Toronto doctoral candidate Aaron LeBlanc worked with a researcher at Yale to debunk the theory that the massive predatory lizards gave birth on shore, as sea turtles do.

They proved that, instead, the mosasaur gave birth in the open ocean. They recently published their work in the journal Paleontology.

"A mosasaur is a lizard, and they were around at the end of the Cretaceous period, at the end of the reign of the dinosaurs," explained LeBlanc. "They were fully adapted to living in the water. Instead of having limbs, like a Komodo dragon, they had paddles for steering through the water."

Mosasaurs were fierce ocean predators that could grow up to almost 15 metres (50 feet) long and had a truly terrifying set of teeth.

But it was the tiny teeth of baby mosasaurs that led to the discovery. Dan Fields, a doctoral student at Yale, found specimens in the Yale Peabody Museum's collections that had been collected over a century ago were erroneously categorized as some kind of prehistoric bird.

Fields approached LeBlanc to help classify them as mosasaurs and figure out what they mean.

"These guys were super tiny, the smallest mosasaurs we'd ever seen, and they were found in sediments that would have been ocean-bottom," said LeBlanc. "So that clued us in that these were little baby mosasaurs that lived in and died in the open ocean.

Few details are known about the mosasaur's reproductive process, but LeBlanc and Fields found the mosasaur gave birth to its young tail-first, like a dolphin does, so that if the baby gets stuck in the birth canal, it won't drown.

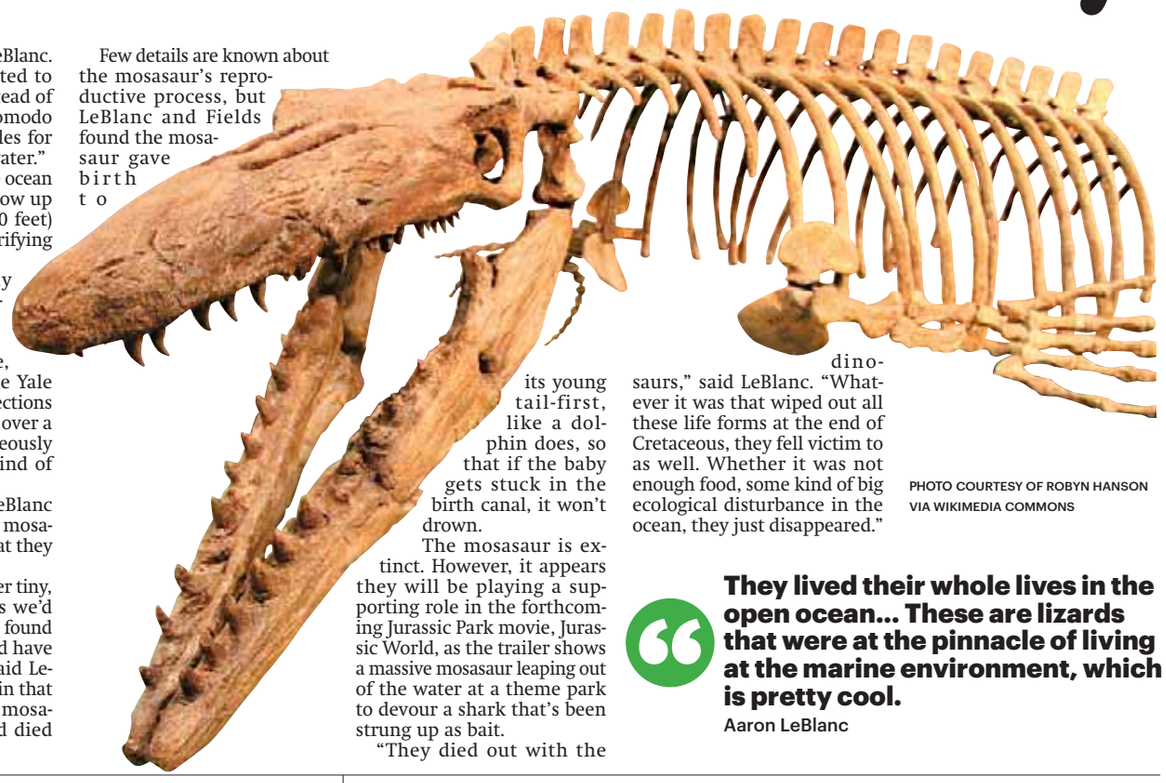

PHOTO COURTESY OF ROBYN HANSON VIA WIKIMEDIA COMMONS

The mosasaur is extinct. However, it appears they will be playing a supporting role in the forthcoming Jurassic Park movie, Jurassic World, as the trailer shows a massive mosasaur leaping out of the water at a theme park to devour a shark that's been strung up as bait.

"They died out with the dinosaurs," said LeBlanc. "Whatever it was that wiped out all these life forms at the end of Cretaceous, they fell victim to as well. Whether it was not enough food, some kind of big ecological disturbance in the ocean, they just disappeared."

> **They lived their whole lives in the open ocean... These are lizards that were at the pinnacle of living at the marine environment, which is pretty cool.**
> Aaron LeBlanc

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Plant a weed to succeed: Help the butterfly flourish again

DAVID SUZUKI FOUNDATION

Environmental group wants to help population of Monarchs rise

Luke Simcoe
Metro | Toronto

The David Suzuki Foundation wants Toronto residents to grow weed in their backyards.

Well, milkweed, anyway.

The environmental group has launched its second annual Got Milkweed campaign, which aims to restore the local monarch butterfly population by planting more of the insect's favourite flower.

The orange and black butterflies migrate 5,000 kilometres from Mexico to Canada every spring and depend on milkweed as a place to lay their eggs and serve as food for caterpillars, said Jode Roberts of the Suzuki foundation.

According to Roberts, the North American monarch population has been decimated in recent decades, plummeting from roughly one billion in the 1990s to an estimated 56.5 million insects today.

Much of that loss can be attributed to climate change, Roberts said, as well as pesticides that target milkweed.

"In places like Iowa, they've lost 95 per cent of their milkweed plants," he said.

"And for a butterfly that is entirely dependent on milkweed, that's not a good scenario."

To help reverse the trend, the Suzuki foundation is encouraging Torontonians to purchase milkweed and plant it in their gardens or on their balconies. Some 5,000 plants are for sale on the foundation's website, and volunteers are out planting milkweed at local schools and parks.

"If we can welcome milkweed back to our schools, parks and other places in urban settings, we can bring the butterflies back to the city," Roberts said.

MILKWEED

Clever defence strategy

Monarch butterflies may have evolved to prefer milkweed as a defense mechanism, said Suzuki Foundation spokesperson Jode Roberts. When monarch larvae eat milkweed, they take on the plant's bitter taste, he said, discouraging predators from chowing down on them.

VISIT

For more information, visit davidsuzuki.org/gotmilkweed or follow the #gotmilkweed hashtag on Twitter.

If we can welcome milkweed back to our schools, parks and other places in urban settings, we can bring the butterflies back to the city.
Jode Roberts

56.5m

The estimated size of the monarch butterfly population in North America. That's down from more than 1 billion in the 1990s.
DAVID SUZUKI FOUNDATION

Milkweed in its natural form. GETTY IMAGES

ATTRACTION

Bright, strong smelling flowers help

Just planting some milkweed in your garden isn't a guarantee that you'll see butterflies, said Jode Roberts with the Suzuki Foundation.

If you really want to attract the beautiful insects, you should also plant "bright, fragrant flowers," Roberts said, and avoid using chemical pesticides.

As far as milkweed goes, the plant likes lots of sun, so make sure that part of your garden or balcony gets lots of light.

As part of its Got Milkweed campaign, the David Suzuki Foundation has installed a butterfly-themed art exhibit in the Gladstone Hotel on Queen Street. LIZ BEDDALL/METRO

Blogger's camera tells stories of rescue dogs

ANIMAL RESCUE

T.O. site aims to encourage adoption from shelters

Deborah Hernandez
Metro | Toronto

Nicole Simone takes awfully fetching photos.

The Toronto photographer is the founder of Redemption Dogs, a photo blog dedicated to showing — and telling — the stories of rescue dogs and their owners.

The site is similar to Humans of New York, another wildly popular photo series that shares stories of people in the Big Apple.

Simone hopes her photos will encourage more people to adopt rescues.

"A lot of people think rescue dogs are broken, dangerous or damaged goods. Some people even say these dogs are homeless for a reason," she said. "We want to break that stigma."

A former volunteer with the Animal Control Centre north of Toronto, Simone has first-hand experience working with rescue dogs.

"Rescue dogs come from so many different situations," she said. "Some have faced homelessness and neglect. Many have been mistreated and abused."

Makyla Deleo, spokeswoman for the Toronto Humane Society, agreed there are some negative stereotypes associated with rescue dogs, such as behavioural issues.

But adopting a rescue animal saves not one but two lives, she said.

"You aren't only saving the life of the animal you're adopting from the shelter," Deleo said. "You are also saving the life of the animal who will take their place from the space that's freed up."

Lola, a rescue dog, with her owner Meghan.
COURTESY OF REDEMPTION DOGS AND NICOLE SIMONE

The Toronto Humane Society doesn't euthanize dogs, but it's standard practice at other shelters to put down animals if there isn't enough space and they can't find a home, Simone said.

For more information, visit redemptiondogs.com.

NHL

No love for Sens from unhappy Leafs fans

Sorry Mayor Jim Watson, but you may be hard-pressed to find many Toronto Maple Leafs fans strutting down the Sens Mile wearing red jerseys.

A day after the Ottawa Senators scored a spot in the playoffs, the red Sens Mile signs went up on Elgin Street, and the mayor called on all Leafs fans to cheer on their provincial neighbour and rival.

But many say Leafs fans — although battered from an embarrassing season — are unlikely to switch to their rival team.

"He's a good mayor, but he's not much of a salesman," joked Tim Chiasson, an Ottawa resident and editor of the blue-teamed news site, Editor in Leaf. A self-declared Leafs fan, he said he will cheer on the Senators for the first round — but only because they are playing the Montreal Canadiens.

"After that, they're on their own," he said.

Sportsnet reporter Chris Johnston called the mayor's request "noble," but unlikely.

"Ottawa is probably the most-hated team among Leafs fans," he said. "I think that if they're going to gravitate towards someone else, it probably won't be the Sens."

As to where Leafs fans' allegiances now lie, it's a mixed bag.

"They're cheering for a new general manager," said Stephen Whyno, who covers the NHL for The Canadian Press.

Chiasson said he's cheering for Erie Otters star Connor McDavid, whose draft lottery pick is on Saturday. The Leafs have a 9.5 per cent chance at the top pick.

Jeff Veillette, who writes for theleafsnation.com, is now backing Washington, but he's in favour of Leafs fans joining the Sens army.

"I'm not against it at all," he said. "I think, at the end of the day, hockey is something that we watch out of a sense of entertainment and the Senators have been such an incredible story this year."

The Senators were far from a playoffs spot in February, but finished the season with a 23-4-4 over the final 31 games.

The team plays the Habs in Montreal for Game 1 on Wednesday.

LUCY SCHOLEY/METRO OTTAWA
WITH FILES FROM THE CANADIAN PRESS

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World Vision

Airport canopy irks city

CONFLICT

New structure at Billy Bishop not approved, city argues

The city is fighting with the Toronto Port Authority over an unfinished concrete canopy outside Billy Bishop Airport's mainland terminal.

The port authority, which operates the airport on leased city land, started construction on the overhanging outpost despite not having permission to build, the city says.

In a letter from the city's leasing and site manager, Wayne Duong, dated April 10 and obtained by the Toronto Star, the city asks the TPA to "immediately cease all unauthorized construction activity" at the airport.

After the port authority first approached the city about the canopy, according to the letter, the agency met with city representatives in March to discuss the proposal.

The city has told the Toronto Port Authority to stop all work on an unauthorized concrete ad canopy at Billy Bishop Airport's mainland terminal. TORSTAR NEWS SERVICE

At some point after the meeting, which ended with the city requesting more information, the TPA began building the canopy anyway.

"The lease clearly provides that the city's approval is required prior to the tenant commencing any alterations," the city's letter reads. It noted that all construction should be halted until city gives its approval.

> **The Port Authority is ... not operating in good faith.**
> Coun. Joe Cressy

"The Port Authority knowingly constructed an advertising canopy on city property without permission. They were fully aware permission was required, but broke the rules anyway," Coun. Joe Cressy (Ward 20, Trinity-Spadina), whose ward encompasses the airport, wrote in an email.

"The Port Authority is clearly not operating in good faith. They have a long-standing pattern of working with the city only when it suits them."

The port authority said it started discussions with the city about the canopy — which they describe as a "protective covering to shield passengers as they wait for shuttle buses and taxis" — more than two years ago.

Spokesperson Erin Mikaluk said in an email that the TPA provided the requested information, including drawings and measurements, to the city, but when it followed up with staff, it "could not get a response."

The project, part of the work to complete a tunnel to the island airport, is on a timeline, Mikaluk wrote.

"Admittedly, we should have waited for final approvals, but after two years of receiving no response, we believed that this relatively minor structure was of no interest or concern," she wrote. TORSTAR NEWS SERVICE

FOUND DEAD

Police ID woman in BMW

Peel Regional Police have identified the woman found dead in a BMW on Friday in Mississauga.

Mississauga resident Ming-Chien (Teresa) Hsin, 59, was reported missing on Thursday, a day before police found her body inside her BMW around 1:20 p.m. on Robert Speck Pkwy.

She was found with "obvious signs of trauma," according to Const. Thomas Ruttan, but no other information regarding the cause of death or her injuries has been released.

She had last been seen on Wednesday at around 4:30 p.m. near Rathburn Road and Hurontario Street.

In November 2014, Hsin, who managed a Relaxology Wellness Centre, a spa with two locations in Mississauga, was stabbed multiple times outside her home. She was critically injured and remained in hospital for days.

Hsin is Peel Region's fourth homicide of the year.

TORSTAR NEWS SERVICE

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Trend Report: Insurance Savings Are In This Season

Saving money on your insurance never goes out of style

Like fashion trends, insurance rates often change. And if you're still paying last year's car insurance rates, then it's time for an upgrade. By sticking with the same insurance staples, you could be missing out on hundreds, possibly thousands of dollars worth of savings. Unlike a runway walk, saving money on car insurance is easy. All you have to do is compare rates online using a site like InsuranceHotline.com.

Spring clean your car insurance

Out with the old, in with the new. Spring is the perfect time to swap out out-dated car insurance premiums with fresh rates. You don't need to wait until renewal time to qualify for savings. If you've recently moved, bought a new car, added or removed a driver from your policy, or your rates have increased or remained stagnant, these are all opportunities to save. Why wait for next season's rates when insurance savings could be yours today?

Ready to save? Compare today

Is saving money in your spring forecast? InsuranceHotline.com customers save an average of $700 off their auto insurance. Now that's a trend we can get behind.

Spring is the perfect time to swap out out-dated car insurance premiums with fresh rates.

HAPPY VAISAKHI CANADA

I've been good friends with Nav for a long time and I just want to wish him, Sikhs, and the Southeast Asian community a happy Baisakhi and a prosperous New Year

Drake

Michael 'Pinball' Clemons here wishing a Happy Baisakhi to all citizens of our global community celebrating around the world, as well as friend's right here at home. May 2015 embrace you with enough strength to sustain you, hope to inspire you and enough love to fill your heart.

Mike Pinball Clemons - CFL Legend, Toronto Argonauts Vice-Chairman

The festival of Baisakhi , particular to the Sikhs has a message that resonates to all Canadians. In its essence Baisakhi celebrates the human spirit, it's ability to strive for the truth and the importance of community. I wish us all a Happy Vaisakhi.

Deepa Mehta - Award Winning Director

On behalf of the City of Mississauga and Members of Council, I extend my best wishes for a blessed, prosperous and joyous Baisakhi. Mississauga is home to an active, engaged and vibrant Sikh community, who have helped enrich and elevate the quality of life for all residents. Mississauga is a better place to call home because of these important and lasting contributions.

Mayor Bonnie Crombie - City of Mississauga

MLSE

On behalf of MLSE and all of our teams, we extend to the Sikh community our best wishes for a blessed, prosperous and joyful Baisakhi

MLSE

This year we mark the 316th anniversary of the creation of Khalsa by Guru Gobind Singh Ji and Baisakhi. I look forward to celebrating with Sikhs from across our province as we mark the holiest day in the Sikh calendar and the beginning of a new year. Baisakhi is a time for families to come together and celebrate – and it is also a time when the faith unites to help those in need by partaking in seva. Happy Baisakhi!

Honourable Kathleen Wynne - Premier of Ontario

Best Wishes and Happy Baisakhi to all Sikhs and South Asians, especially those in the greater Toronto area. Thank you, Nav Bhatia, for your untiring efforts to increase the quality of life for all.

Vince Carter - NBA Superstar & Former Toronto Raptor

Waheguru ji ka Khalsa, Waheguru ji ki Fateh!

I would like to wish the Canadian Sikh community a Happy Vaisakhi, as they celebrate the birth of the Khalsa today. This momentous occasion gives us the opportunity to reflect on and thank the Sikh community for their valuable contributions to Canada.

Mayor Linda Jeffrey - City of Brampton

Happy Baisakhi!! Have a GREAT New Year!

Russell Peters - Comedian

On behalf of the City of Toronto, it gives me great pleasure to extend warm greetings to members of the Canadian Sikh community on the occasion of Vaisakhi. Toronto is proud to be home to a dynamic Sikh community and a faith that embodies equality, social justice and respect for other religions. Vaisakhi provides an opportunity to gather with family and friends and to commemorate the birth of the Khalsa. Please accept my sincere best wishes for a joyous Vaisakhi with your loved ones.

Mayor John Tory - City of Toronto

Office of the Prime Minister

Cabinet du Premier ministre

Ottawa, Canada K1A 0A2

STATEMENT BY THE PRIME MINISTER OF CANADA ON VAISAKHI

Prime Minister Stephen Harper today issued the following statement to mark the celebration of Vaisakhi:

"Laureen and I would like to extend our warmest wishes to the Sikh community and all those celebrating Vaisakhi, both in Canada and around the world.

"Celebrated every year on April 14, Vaisakhi is one of the most important observances in the Sikh religion. It commemorates the founding of the Khalsa Sikh community in 1699 by Guru Gobind Singh Ji. It is also celebrated as a day of thanksgiving, and the beginning of a new year and a new harvest season in Punjab and across India.

"In Canada, family and friends gather together, attend prayer gatherings at Gurdwaras, and participate in vibrant parades, known as Nagar Kirtans.

"Canada is home to one of the largest Sikh communities outside of India. Vaisakhi provides all Canadians with an opportunity to celebrate both the festival and the invaluable contributions of the Sikh community to building our peaceful, prosperous and pluralistic country.

"On behalf of all Canadians, I wish everyone celebrating today a happy Vaisakhi.

"Vaisakhi diyian lakh lakh vadhiaan!"

A message from

and friends

Provinces sign climate deal

ENVIRONMENT

Ontario and Quebec become latest carbon pricing regions

Three-quarters of Canada's 35 million citizens will soon live in an area with a price on carbon after Ontario announced Monday it is joining Quebec and California in a cap-and-trade system the federal government lampoons as a "job-killing carbon tax."

Ontario Premier Kathleen Wynne and Quebec's Philippe Couillard signed off on the carbon trading market in Quebec City after Wynne had earlier announced the initiative in Toronto. They join B.C. and Alberta as carbon-pricing provinces.

``Call it carbon pricing, cap and trade, a market mechanism or — I believe it's misleading — but if you must, go ahead and call it a tax,'' Wynne said in Toronto.

``Most of us will not be fooled because for most of us the label is not important. What's important is that we make progress.''

The move upstages Tuesday's meeting in Quebec City of provincial and territorial leaders, who agreed last year to plot a national climate strategy and policy in the absence of federal leadership.

A report last week from a blue-chip panel of economists asserted carbon pricing is the most efficient and effective way to meet Canada's carbon-reduction goals.

The Conservative government, which ran on a platform in 2008 that included a cap-and-trade policy, maintains any effort to price carbon is an economy killer.

> **What's important is that we make progress.**
> Kathleen Wynne

"We oppose carbon taxes and any schemes that seek to raise revenue ... from hardworking Canadians," a spokesman for Environment Minister Leona Aglukkaq said in an email.

The Conservatives have promised to regulate emissions on a sector-by-sector basis, but have refused to address the oil and gas industry.

"My hope is that at some point the federal government will work on a process that will support what the provinces are doing," Wynne said in Quebec City, flanked by Couillard.

Couillard said it is incumbent on an oil-producing nation like Canada to act.

Canada, he said, "should be one of the most proactive countries in the world in the fight against climate change."

The provinces and territories have built a sense of momentum after years of policy gridlock, although the absence of campaigning Alberta Premier Jim Prentice at this week's meeting is a temporary setback.

During a campaign stop Prentice said a cap-and-trade system is not something he feels is in the best interests of Alberta, but added he hopes to constructively work with the other provinces and their premiers to address climate change. THE CANADIAN PRESS

Ontario Premier Kathleen Wynne, left, and Quebec Premier Philippe Couillard, hug after they signed an agreement on the environment on Monday. JACQUES BOISSINOT/THE CANADIAN PRESS

TRIAL

Man urged sex abuse of children

A father of three who was once deputy education minister in Ontario and Manitoba encouraged people he met online to sexually abuse their children as part of ``sadomasochistic'' fantasies, his sentencing hearing was told Monday.

Levin, 63, pleaded guilty to three child pornography-related charges last month — he was originally charged with seven child porn-related offences.

A forensic psychiatrist called to testify by Levin's lawyer assessed that Levin had a ``pedophilic interest in children'' but that his behaviours were at ``a fantasy level.''

Levin's lawyer, Clayton Ruby, noted that of the 2,000 pornographic images found, only a small portion were child pornography.

Levin was arrested in July 2013 when a search warrant was executed on his home.

His lawyer is seeking a sentence of two years in a penitentiary, while the Crown is seeking up to three years and eight months behind bars.

THE CANADIAN PRESS

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ACTIVISM RIDE ACROSS CANADA FOR VETERANS Paul Nichols, a former Calgary Highlander veteran, leads other veterans Monday on a journey from the B.C. Legislature in Victoria to ride across Canada on horseback. The trek is to raise awareness of the needs of soldiers returning home and to raise money for programs that support them. CHAD HIPOLITO/THE CANADIAN PRESS

ACCESS TO INFORMATION

C-51 legal docs don't come cheap

The Conservative government says its sweeping anti-terrorism bill is constitutional, but verifying that assertion could cost an Ontario man almost $5,000.

Lawyer Jack Gemmell wants to see the federal government's legal opinions and memos spelling out why it believes the proposed legislation is consistent with the Charter of Rights and Freedoms.

Gemmell says he was disappointed when the Justice Department asked for $4,772.80 in Access to Information fees to get his written request to the next step. The fee assessment is based on the more than 477 hours the department says it needs to locate the records in question.

Gemmell has particular concerns about an element of the bill that would create a new criminal offence of encouraging someone to carry out a terrorism attack. THE CANADIAN PRESS

Revenge killer gets maximum penalty

MURDER

Father-son slayer gets life, 35 years before parole eligibility

A Prince Edward Island man killed a father and son to avenge the death of his sister in 1970, court heard Monday as he was ordered to serve 35 years in prison before he can apply for parole.

Alfred Guy Vuozzo was given an automatic life sentence after pleading guilty to first- and second-degree murder in the shooting deaths of Brent McGuigan, 68, and his son Brendon McGuigan, 39.

At Vuozzo's sentencing hearing in provincial Supreme Court in Charlottetown, Crown lawyer John Diamond read an agreed statement of facts describing the motive behind the fatal shootings near Montague last summer.

Diamond said Brent McGuigan's father was the driver of a vehicle involved in a collision that killed Vuozzo's nine-year-old sister 45 years ago.

The execution-style slayings last year of Brent and Brendon McGuigan were among the worst in the province's history, Diamond said, adding that Vuozzo murdered the men knowing that they had no direct connection to the accident other than being related to the driver.

Vuozzo, 46, has suffered from depression for years. On Aug. 20 he went to the McGuigan household, where he shot the men multiple times with a handgun to seek retribution for his sister's death, Diamond said.

"It was revenge," Diamond told the court. "He was a cold-hearted and calculated individual."

Before he was sentenced, Vuozzo addressed the court. He said he has been tormented since Brent McGuigan's father received a nine-month sentence for the crash that killed his sister.

> **"He was a cold-hearted and calculated individual.**
> Crown lawyer John Diamond

"That's all her life was worth," said Vuozzo, who was two years old at the time of the crash. "She only had nine years in this world. And nobody cared.

"It's haunted me all my life."

The provincial court in Charlottetown could not confirm Monday that Brent McGuigan's father was sentenced to nine months in prison for the accident.

After the sentencing decision was read, Vuozzo cursed and screamed, resisting the officers as he was taken from the courtroom while members of the public cried and yelled back at him. THE CANADIAN PRESS

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VANCOUVER

Arrest made in Ryan Reynolds hit-and-run

Vancouver police have recommended a charge of intimidation against a 52-year-old photographer whose car allegedly struck actor Ryan Reynolds.

Const. Brian Montague said the men were involved in a confrontation Friday evening, and Reynolds was hit as the man tried to escape from an underground hotel parking lot.

"There was no substantial injuries at all," Montague said Monday.

He said officers have spoken with Reynolds, who had a sore knee and back but was OK to return to work the next day.

Montague said police spoke with several people, pulled security video and identified a suspect "quite early."

He said a man from Richmond, B.C., was arrested at the police station and remains in custody. His car has been seized.

Vancouver-born Reynolds is in the city to film his new movie, titled Deadpool.

THE CANADIAN PRESS

INTIMIDATION

Uncommon charges

Montague said a charge of intimidation is uncommon and applies to someone who persistently follows someone or watches where a person works or lives.

BRITISH COLUMBIA

CLEANUP EFFORTS CONTINUE IN ENGLISH BAY

Western Canada Marine Response Corporation crews replace oiled boom around the MV Marathassa with clean containment boom after an estimated 2,700 litres of fuel spilled from the ship on April 8.

Five days after the toxic fuel spill in English Bay, the Canadian Coast Guard is brushing off criticism and instead defending what its commissioner called an "excellent response."

Commissioner Jody Thomas told reporters at a news conference Monday she is "enormously pleased" with the integrated response from the coast guard, Transport Canada, Environment Canada and West Coast Marine Response Corporation.

PHOTO: COURTESY CITY OF VANCOUVER
TEXT: EMILY JACKSON/ METRO IN VANCOUVER

TRIAL

Duffy billed Senate for photos: Crown

Sen. Mike Duffy apparently billed the taxpayer to print and mount photos of his family, Barbara Bush and Bill Clinton as part of a contracting agreement he set up outside the scrutiny of Senate officials, court heard Monday.

Crown prosecutors began the second week of the Duffy trial laying out their case on a particular set of charges against the suspended senator involving contracts awarded to his friend Gerald Donohue.

Duffy faces 31 charges in total, of fraud, bribery and breach of trust. Donohue allegedly received $65,000 in contracts, with some of that money in turn filtering out to other service providers.

Documents filed in court show that Donohue's two companies, Maple Ridge Media and ICF Ottawa, sent $1,578 to a photo-developing company for work Duffy appeared to request.

"5 x 7 enlargement — (Miranda/Colin) (3 in original order + 5.25, 4 more 5 x 7 ordered Jun 13/11 by phone," reads one line item. Miranda is Duffy's daughter, and Colin is his grandson.

Crown prosecutor Jason Neubauer asked Senate human-resource officer Sonia Makhlouf whether she would have approved a request for a "photographic services" contract.

"I will not proceed with it and probably I will bring it to a higher level," Makhlouf said.

It is not clear what Duffy was doing with the photographs. Senators and MPs often decorate their offices with photos of themselves and other politicians.

THE CANADIAN PRESS

'Slut Whisperer' not appearing in Halifax

EVENTS

Controversial photographer shunned by venue manager

Stephanie Taylor
Metro | Halifax

The scheduled appearance in Halifax of a notorious New York party photographer, nicknamed the "Slut Whisperer," has been cancelled, after the venue's manager says the photographer's persona violates his "values as a human being."

Chris Tzaneteas of the Argyle Grill & Bar says he had no clue who Kirill Bichutsky was until Friday, when the bar began receiving complaints from people calling the photographer a misogynist.

Bichutsky had been booked by a local promoter to appear with adult film star Christy Mack for an event Saturday.

His website features photographs of naked, intoxicated women in nightclubs receiving what he calls "champagne facials."

On Twitter, he also makes explicit sexual comments about women.

In response to criticism about his slated performance in Halifax, Bichutsky tweeted: "So many fat girls from Nova Scotia are mad that I'm coming to a party. You're not gonna get into the party anyways. Cats can't be your +1."

"When I saw what kind of tweets he sends out … the decision was quite easy. Obviously this guy doesn't stand for our values at the Argyle," Tzaneteas said on Monday.

Tzaneteas said he met with the promoters over the weekend, when it was decided the event would still take place but without Bichutsky.

Given the bad headlines emerging from Halifax, from Rehtaeh Parsons' sexual assault to the Dalhousie Dentistry scandal, he believes Bichutsky's antics have no place in the city.

"I have absolutely no respect for the guy," Tzaneteas said. "The guy is twisted."

That is a relief for Dalhousie student Rose Poirier-McKiggan, who alerted South House, the campus' sex and gender resource centre, last week after seeing the event's posters around the city.

"It was very triggering for me to read those tweets, as it is for many women who have been subjected to sexual violence and objectification," the second-year student said Monday.

SENTENCING LAW

Top court to rule on mandatory minimums for gun crimes

The Supreme Court of Canada is set to rule Tuesday on a key part of the Conservative government's tough-on-crime agenda.

The high court will deliver its ruling in a pair of cases involving mandatory-minimum sentences for gun crimes.

The Ontario Court of Appeal struck down the law in 2013, calling it "cruel and unusual punishment," so the provincial attorney general and its federal counterpart are appealing the ruling.

The Appeal Court struck down both the three-year mandatory minimum for a first offence of possessing a loaded prohibited gun as well as the five-year sentence for a second offence.

The Ontario and federal governments are urging the Supreme Court to reverse that ruling, arguing the law does not breach the charter protection against cruel and unusual punishment.

The new sentencing rules were enacted in 2008 as part of a sweeping omnibus bill introduced by the federal Conservatives. The Ontario ruling is already binding in the province and can be taken into consideration by judges in other provinces in similar cases. Tuesday's ruling will settle the matter nationally.

The high court has agreed to hear two cases, one on each of the two sentencing provisions.

In one case, a young Toronto man with no criminal record was sentenced to three years in prison after pleading guilty to possession of a loaded firearm.

The judge said that had there not been a law calling for a mandatory minimum, he would have sentenced Hussein Nur to two and a half years.

"Parliament's increase of the mandatory minimum from one year to three years was a forceful response to the dangers posed by the proliferation of handgun possession and a determination to combat this 'serious and growing societal danger,'" Ontario and the federal government argue in their factum. "It was open to Parliament to create an aggravated form of firearm possession with enhanced punishment."

In the second case, Sidney Charles pleaded guilty to firearms offences after he was found in his rooming house bedroom with a loaded and unlicensed semi-automatic handgun. He was sentenced to five years because he had two previous convictions.

In defending the mandatory sentence for repeat offenders, Ottawa and Ontario argue that it is not overly punitive.

THE CANADIAN PRESS

RECENT RULING

After several cases in which it clashed with the Conservatives in key policy areas, the Supreme Court recently sided with Ottawa in its recent ruling that said it had the right to legislate the destruction of Quebec's gun registry data.

The high court upheld the notion that Parliament has the power to make criminal law under the Constitution, as long as it operates within the law.

WHITE HOUSE SEN. MARCO RUBIO TELLS TOP DONORS HE IS RUNNING FOR PRESIDENT In this March 30 file photo, U.S. Sen. Marco Rubio appears on The Five television program on the Fox News Channel in New York. Rubio, the young Florida senator who has been a favourite of the conservative tea party movement, on Monday took on Hillary Rodham Clinton in his first words as a presidential candidate.
RICHARD DREW/THE ASSOCIATED PRESS

Boko Haram ruins child lives: Report

UNICEF FINDINGS

Published one year after mass kidnapping of schoolgirls

The children's drawings show men with guns, a coffin, a car exploding. One picture has stick-like figures of eight siblings missed by their teenage sister.

The disturbing images come from some of an estimated 800,000 children forced from the homes by Boko Haram extremists, according to a UNICEF report published Monday.

It says the number of refugee children has doubled in the past year, making them about half of all the 1.5 million Nigerians made homeless in the Islamic uprising.

"Children have become deliberate targets, often subjected to extreme violence — from sexual abuse and forced marriage to kidnappings and brutal killings," the report says. "Children have also become weapons, made to fight alongside armed groups and at times used as human bombs."

The nickname of Nigeria's home-grown Islamic extremist group, Boko Haram, means "Western education is forbidden" or sinful.

One picture in the UNICEF report shows stick figures of the eight siblings missed by Rita, a 14-year-old living in a refugee camp in neighbouring Chad with her mother, father and one younger sister. They became separated when Boko Haram attacked the Nigerian town of Baga, and she knows how worried they must be.

"When you have your mother around, you (are) not worried about anything. But if she is missing ... you are worried the whole time," the report quotes Rita as saying.

The report was published ahead of the first anniversary of the mass kidnappings the night of April 14-15, 2014, of nearly 300 schoolgirls from Chibok. Dozens escaped on their own but 219 remain missing.
THE ASSOCIATED PRESS

10.5M

The number of children absent from primary school in Nigeria has increased from 8 million in 2007 to 10.5 million — the highest figure in the world, it says. Boko Haram has targeted schools, destroying or severely damaging more than 300 and killing 314 students and 196 teachers, UNICEF says.

BLACKWATER

Ex-contractors get life, 30-year terms

A federal judge sentenced one former Blackwater security guard to life in prison and three others to 30-year terms for their roles in a 2007 shooting that killed 14 Iraqi civilians and wounded 17 others.

The carnage in Baghdad's Nisoor Square caused an international uproar over the use of private security guards in a war zone.

U.S. District Judge Royce Lamberth sentenced Nicholas Slatten, who witnesses said was the first to fire shots in the incident, to life on a charge of first-degree murder. The three other guards — Paul Slough, Evan Liberty and Dustin Heard — were each sentenced to 30 years and one day in prison for charges that included manslaughter, attempted manslaughter and using firearms while committing a felony.
THE ASSOCIATED PRESS

TULSA COUNTY

U.S. officer charged with manslaughter

Prosecutors charged a white reserve police officer with manslaughter Monday in the death of a black man who was fatally shot as he lay on the ground at the officer's feet.

Tulsa County prosecutors filed a second-degree manslaughter charge against 73-year-old Robert Bates, the latest shooting of an African-American by a white police officer to draw scrutiny. Police treatment of minorities has become a major issue in the U.S. after the killings of unarmed black men in Ferguson, Missouri, New York City and recently South Carolina.

A police investigator has said Bates thought he drew a stun gun, not his handgun, when he fired at 44-year-old Eric Harris in the April 2 shooting.
THE ASSOCIATED PRESS

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CUSTOMER SERVICE

Air carriers getting worse, data shows

More flights are late, more bags are getting lost, and customers are lodging more complaints about U.S. airlines, government data shows.

For the third straight year, Virgin America led the rankings. The niche airline with a limited route network was followed by Hawaiian Airlines and Delta Air Lines.

Regional carriers tend to earn the worst marks, say two university researchers who track the airline business. They fly smaller planes, so when airlines are forced to cut flights due to bad weather, they ground the regionals first to inconvenience fewer passengers. Envoy Air, which operates most American Eagle flights, finished last overall.

But the picture was also bleak at the four biggest U.S. airlines. On-time performance fell and complaints rose at American, United, Delta and Southwest. The researchers blamed mergers, which has reduced competition.

Dean Headley, one of the co-authors of the report, said airlines performed better after 2001, when travel demand fell and planes were less crowded. Airlines were also losing money. They returned to profitability when the airlines left after mergers limited flights to keep fares up. The average plane is now more than 80 per cent full. "They have put the same number of people in fewer airplanes," Headley said.

THE ASSOCIATED PRESS

FINDINGS

Lateness
On-time flights arrival fell to 76.2 per cent last year from 78.4 per cent in 2013. Best: Hawaiian Airlines. Worst: Envoy Air.

Lost bags
Lost, stolen or delayed bags rose 13 per cent in 2014. Best: Virgin America. Worst: Envoy.

Overbooking:
Passengers bumped from flights rose 3 per cent. Best: Virgin America. Worst: SkyWest and its ExpressJet subsidiary.

Bell Canada vows to kill customer profiles

Canada's privacy commissioner says Bell Canada has promised to delete all profiles created from tracking the cellphone use of customers in a program aimed for use in targeted advertising. Bell did not specifically confirm it was ditching the profiles, saying in a statement that it was complying with all the privacy commission's directives.

Meanwhile, the telecom giant said, it would reintroduce the program by seeking explicit customer consent.

The office of Privacy Commissioner Daniel Therrien says it now considers the matter resolved.

The federal agency said last week that Bell should seek explicit customer consent if it wants to create profiles through cellphone usage that would be used in targeted advertising. Until Monday, Bell's earlier responses had not satisfied the privacy watchdog.

THE CANADIAN PRESS

Three hotels share the same building in New York City. Holiday Inn Express and Candlewood Suites are Intercontinental Hotels Group brands, while Hampton Inn is a Hilton brand. The 10 largest hotel chains offer a combined 113 brands. THE ASSOCIATED PRESS

Travellers confused by too many brands

HOTELS

Big chains try for boutique image to lure millennials

Today's traveller faces a bewildering choice of hotel brands with similar-sounding and confusing names. The world's 10 largest hotel chains now offer a combined 113 brands at various price points; 31 of those brands didn't exist a decade ago.

Thanks to high occupancy levels and cheap interest rates, developers are scrambling to build new properties. At the same time, hotels are trying to lure a new generation of travellers in search of authenticity. They want unique and hip places to sleep, not cookie-cutter facsimiles of hundreds of other hotels.

These so-called lifestyle hotels are the hot, new area for growth. They are designed to attract millennials: travellers between the ages of 18 and 34 who, hotels say, aren't interested in marble bathtubs but might enjoy beanbag chairs.

> **"The Internet has driven people to more niches. Everything is more segmented"**
> Best Western CEO David Kong

"The big hotel chains are in the business of pretending they aren't big chains. They want you to think they are boutiques," says Pauline Frommer, editorial director for Frommer's, the travel guide company founded by her father.

"The Internet has driven people to more niches. Everything is more segmented," says Best Western CEO David Kong. "Our six brands are actually six different needs."

THE ASSOCIATED PRESS

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IN BRIEF

Mobile payments now under credit card code
The code of conduct that governs credit and debit card transactions is being extended to apply to mobile payments as well, Finance Minister Joe Oliver said Monday in Toronto.

The new rules also say mobile users must be given full control of the default settings on their virtual wallets, Oliver said. Other additions include a requirement that savings from reduced fees be fully passed on to merchants.

THE CANADIAN PRESS

market minute

DOLLAR
79.42¢ (-0.07¢)

TSX
15,383.59 (-4.84)

OIL
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metro VIEWS
Your essential daily news
Tuesday, April 14, 2015

the big number

$8M

A new study suggests that if all the 12-year-old boys in Canada had been vaccinated against HPV in 2012, between $8 million and $28 million might have been saved because of oropharyngeal cancers averted in that group. Currently only Prince Edward Island and Alberta offer HPV vaccine to boys as well as girls, with Nova Scotia announcing Friday it will follow suit in the fall. The Canadian Press

City needs to dig deeper on sidewalk clearing issue

YOUR RIDE
Glyn Bowerman

Now that we've had a taste of sun and we're putting our winter coats in storage, the last thing anyone wants to think about is last winter's discontent.

But it's important to reflect — even as we tune up our bikes or fire up the grill — on some of the havoc that was wrought by a particularly brutal winter. The public-works committee wrestled last week with the issue of sidewalk shovelling shirkers.

While many of Toronto's sidewalks are cleared by the city, older neighbourhoods downtown pose unique barriers to this kind of upkeep.

As a 2014 Walk Toronto report to public works explains, "Varying sidewalk maintenance practices are one of the most stubborn, historic legacies of amalgamation. This is clearly an instance where the suburbs 'got things right.'"

Who says downtowners get everything?

Currently, in areas not serviced by the city, residents are required, by law, to shovel the sidewalks in front of their properties or risk a $125 fine.

That's the theory. In practice, despite thousands of complaints last winter, the city issued fewer than 70 tickets.

And so, as perennial as the seasons, council will now reopen the debate about how to keep Toronto's sidewalks clear.

The public-works committee is recommending proactive enforcement and a fee per linear metre of uncleared sidewalk along with a survey of other municipalities' methods of enforcement. But council should also look at Canadian municipalities, like Montreal, that take full responsibility for sidewalk clearance.

Relying on good neighbours to keep sidewalks clear is leaving a lot up to chance. And when that system fails, it fails the people who need it most.

It only takes one obstruction — called a pinch point — to render an entire block useless. If, for example, you use a wheelchair, it really doesn't matter that most of your neighbours cleared their walk. If one didn't, or was unable to, you may be stuck.

And anyone can take a bad fall on a patch of ice.

That's unacceptable.

Of course, if you are physically unable to clear your own walk, you can apply to the city to have it done for you. But there are other reasons, beyond laziness, that leave our sidewalks unclear. A vacation, for example, or a stolen shovel (true story).

This cross-your-fingers-and-hope-it-works-out approach would never fly if it was applied to our beloved cars. For instance, the penalty for shovelling snow onto the road — regularly cleared by the city — is $360, more than twice the penalty for not shovelling at all.

Look, we're all in this together. As long as we're stuck with this Good Samaritan model, if you're able, please pick up a shovel and partake in a proud Canadian tradition. Be a good neighbour and an ally to those with mobility issues.

But to city councillors, when these issues land back on your doorstep, I implore you: dig a little deeper.

Glyn Bowerman is a Toronto-based journalist and theatre artist. Follow him on Twitter @Banquos_Banquet

CORRECTION

Traffic fatality numbers for 2013 and 2014 were inaccurately described in last week's column as solely pedestrian deaths.

ROSEMARY WESTWOOD

metroview

Hillary more status quo than feminist champion

There's a 1969 photo of Hillary Clinton in her university years, leaning back in her chair, looking a little badass in gaudy striped pants, one hand clasping a pair of round glasses.

She's mid-sentence, a slight smile.

"Let me tell you how it is," I imagine hearing her drawl.

It's the most appealing image I've ever seen of Clinton. She's young, yes, and in control rather than on guard. She has energy, suspense. I want to know what's next.

It's the opposite of the Clinton in Sunday's presidential announcement video, the Clinton who awkwardly compares her campaign to the lives of ordinary Americans (one woman, we learn, is planting tomatoes).

No, I'm not feeling any feminist love. I'm more like, "Do I have to?"

Because even if she makes history, it's unlikely she'll make life much better for women in the U.S. or elsewhere.

Sure, it's time for a woman to lead the world's most powerful country. It's long been time, and it's now well past time.

Clinton's even embracing her womanhood this time, we're told, championing the women's issues she's advanced (like women's and girls' rights in foreign policy).

But there are no surprises in that video. It's about as politically galvanizing and feminist as a car commercial.

I'd rather be watching the Clinton of the 1992 cookie comment video, because women are still fighting to get out of the proverbial kitchen. (Ask yourself: who cleans up the office dishes?)

"I could have stayed home and baked cookies and had teas, but what I decided to do was fulfill my profession," Hillary told media. Here here, Hillary! Though to modernize the message: I choose both!

I can't fault Clinton for appearing weathered by the decades since, the building of presidential-worthy experience as a political operative, senator and secretary of state.

But she's become the status quo, a woman version of any Democratic president, not a feminist champion.

Little girls might look up to her, but "I don't want to put the expectation on Hillary to be a different president than an establishment big party product," noted Elizabeth May (a Clinton friend).

Plus, there's no guarantee others will follow (see Margaret Thatcher in the U.K., where women are only 23 per cent of lawmakers).

The Clinton Foundation's own report (released yesterday) shows women's advancement in politics has been dramatically stalled. In Canada, women fill one quarter of federal and provincial seats.

So I'm not going to fawn too hard over Clinton. I've got to save my energy. I'm 29 and I have a lot more living in a man's world to do.

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Usher, Common, No Doubt to headline will.i.am's Earth Day rally and concert

Mosh pits and wet kisses

Among the emerging artists who played at the Coachella festival's final day were the Danish electropop singer MØ, who overcame technical problems to deliver an impassioned set in which she twice went crowd-surfing, and the Welsh-born pop singer Marina and the Diamonds, who had a giant crowd singing along to her advice song, How To Be a Heartbreaker.

Stromae Belgian singer Stromae, a sensation in the French-speaking world, delivered a riveting performance of his danceable yet intelligent pop tunes.

In an unusual scene for a non-English-language artist, hundreds of U.S. fans sang along as best they could with Stromae on songs such as Papaoutai with its refrain — Papa, ou t'es.

The song, which like much of Stromae's work brings in African musical influences, revolves around his absent father who died in the 1994 Rwandan genocide.

Stromae showed a flair akin to theatre acting as he kept the crowd engaged over a 50-minute set.

For Formidable, about a boozy catharsis after heartbreak, Stromae pretended to be stumbling drunk and had his bandmates carry him off stage.

Stromae — whose album Racine Carrée was the top seller in France in 2013 and again in 2014 — has been rising in popularity in the U.S. and will play at New York's Madison Square Garden in October.

The 30-year-old took in stride the language barrier. When he asked the crowd whether they understood French and found out they didn't, he said, "Then let's speak both languages."

But he only uttered one word of French outside his songs — "Santé" — as he raised a glass to the crowd.

Desaparecidos Rebelling against the frivolity that surrounds so much of Coachella, Conor Oberst's reunited punk band the Desaparecidos brought to the festival an ear-splitting rage on the course of modern America.

Oberst, best known as the force behind Bright Eyes, emerged in the late 1990s as a beacon of emotional awareness for a generation of sensitive youth.

But as the frontman of the Desaparecidos, he also delivered a blistering critique of consumerism and Bush-era foreign policy on the band's 2002 album Read Music/Speak Spanish.

The Desaparecidos will release a second album, Payola,in June that updates the anger by a decade.

Songs include MariKKopa, a furious indictment of Arizona's campaigns against undocumented immigrants, and Anonymous, a tribute to jailed WikiLeaks source Chelsea Manning.

The Desaparecidos played from both albums at Coachella, although the uninitiated likely missed the lyrics as the band defiantly cranked up the bass so high that many in the audience stuck fingers in their ears.

Oberst also offered one of the few allusions at Coachella to California's drought — easily forgotten amid the festival's green lawns and water spray guns — as he dedicated his final song to the desert area's "useless golf courses."

AFP

MØ crowd-surfs in the audience during Day 3 of the 2015 Coachella Valley Music & Arts Festival this past weekend. ALL PHOTOS GETTY

WELCH STRIPPED DOWN

The festival is as renowned for skimpy clothing as it is for its trend-setting musical selection. Florence Welch, singer of the soulful British indie band Florence and the Machine, invited fans to remove her clothing until she pranced in the crowd with only a bra.

MADONNA-DRAKE KISS

Madonna startled tens of thousands by making out with Drake in an unexpected climax to Coachella. The pop superstar was not scheduled to appear at the festival but walked on stage Sunday night as Drake performed a song named after her — in which the rapper boasts that he can get with a girl as big as Madonna.

INTERVIEW

Alex Cuba speaks from the heart

When Alex Cuba was new to Canada and still assessing the local sensibilities, someone gave him a piece of advice he — unfortunately — remembered.

He was told Canadians balked at the earnest sentimentality inherent to some of his favourite Cuban music.

And until Contigo, a tune on his recently released new album Healer, the Victoria songwriter mostly heeded that input.

"The song is very sweet ... and I've been careful of not recording songs like that in Canada," Cuba said in a recent telephone interview.

"It's thinking that maybe Canadians are not that romantic ... they don't want to hear music that sweet.... From the beginning, somebody said to me: This is the way it is in Canada, and that's it. It took me for a ride there, for sure."

More than 15 years since immigrating here from Cuba, the singer — a two-time Juno winner, a Grammy nominee and a Latin Grammy winner — no longer feels the need to cater to anyone.

Two-time Juno winner Alex Cuba. THE CANADIAN PRESS

"I feel more Canadian, to the point where I don't need to guess anymore what people expect from me," he said.

"Now," he added, "I feel I can be myself."

The record is bilingual, with translations in the lyric sheet and collaborations with English-speaking artists David Myles and Ron Sexsmith. What drew you to working with Sexsmith again?

Having Ron Sexsmith on your record is quite the honour. I had this song already written in Spanish. I translated it for him to understand, sent it to him, and he rewrote it in less than 24 hours and sent it back to me. I just couldn't believe it. I had to get on the phone and say, "Dude, what kind of genius are you? What is happening in your mind?"

Sarah is about your wife. What role has she played in your career?

Sarah (Goodacre-Puentes) has really been my partner from the beginning: my business partner, my creative partner, my vision partner. There have been good times and bad times. I thought it was time to have a song for her, although she's been the inspiration behind every song I've written, pretty much. We are on our 20th year of marriage. Sarah's been my partner in crime, man.

You really pulled back on the horns on this record. Why?

I was dragging the horns along on every album just because I was thinking that it had something to do with my sound. But the truth is from the beginning, it wasn't my idea to start recording horns on my music. It was the idea of a producer I worked with on my first album. Then it stayed there for some reason — maybe comfort.

THE CANADIAN PRESS

Allie X says her latest album, CollXtion I, tells the story of a girl who disconnects from her shadow. THE CANADIAN PRESS/HO

Songstress Allie X is building a mystery

COLLXTION I

Electro-pop singer maintains a veiled persona

Toronto-raised pop artist Allie X has carefully cultivated an air of secretive mystery, speaking of her upbringing sparingly, and somewhat reluctantly.

The soft-spoken songwriter insists, however, that she is gradually revealing more of herself — she's just doing it at her own pace.

"My relationship with the public I want to be very much like any other relationship, where you get to know each other a bit before you reveal information," she said in a recent telephone interview. "In my way, I am revealing personal information, with the story that I'm telling."

She's referring to the "abstractified autobiography" of CollXtion I, a short electro-pop album that doubles as an ambitious multimedia, multipart project spanning comic books, graphics, videos, digital installations and even a physical exhibit (titled XHIBIT), upcoming at Montreal's Phi Centre.

The opaque mythology surrounding the seven-song set and accompanying series is probably best explained by her: "It's the story of a girl who spins so hard that she becomes separated from her shadow and they reverse worlds, so the shadow is in the quote-unquote real world, pretending to be real, and the girl is stuck in the shadow world."

"The story of X will be about their journey to reunite," she added.

That elaborate backstory is starkly contrasted by the straightforward impact of Allie X's sleekly futuristic pop, which could hardly be more immediate.

After bouncing around the Toronto indie scene, Allie shifted to L.A. and spent years polishing her chops as a songwriter. Classically trained as a pianist and singer (one of the few personal details she's willing to confirm), she won a crucial early endorsement from Katy Perry, who tweeted that she was "obsessed" with Allie X's early single Catch.

That tune, a spurned-lover yarn, reached No. 55 on the Canadian Billboard chart. That was a year ago, and Allie X has spent the interim polishing her accompanying visuals, writing more music, and preparing her highly stylized look. And she realizes she's not the first new artist to use curated mystery as a PR strategy.

"The Weeknd and Lana Del Rey, I think they both got to sort of pioneer this new 'star is born of the Internet age' thing," she explained. "I won't deny that I was inspired by that."

THE CANADIAN PRESS

CONFIDENCE

Never mind the nerves

Allie X does admit she gets nervous onstage. "In general, everything I do lacks a balance — it tends to be one extreme or the other, and this is no exception," she explained. "I'm either cripplingly insecure or overly confident. My crippling insecurity, I battle it by being very confident in the work that I put out."

VINYL

For those about to rock: Record Store Day is upon us once again

SOUND CHECK
Alan Cross

The first record I bought with my own money was Elton John's Greatest Hits Vol. 1. It wasn't long before I was hanging out in some record store every Saturday, watching what other people were buying and listening to what the clerks played on the speakers.

Dropping into a record store became a social experience, a place where I learned about music and the music business. I also knew I'd run into strangers who were just like me. I loved it.

The Internet almost killed off the experience of hanging out in a record shop. But Record Store Day brought it back.

Eric Levin, Michael Kurtz, Carrie Colliton, Amy Dorfman, Don Van Cleave and Brian Poehner were a group of record store owners/lovers from Baltimore who, discouraged by the financial straits of their shops, came up with the idea of rekindling old-school record store experience by reserving one day to celebrate vinyl.

The first RSD was held in 2007, the same year vinyl sales began to turn around. Coincidence? Nope. Panicked by the fall of CD sales, the slower-than-expected uptake of digital sales and the continuing issue of piracy, record labels big and small were only too happy to get behind the idea. RSD provided artists an opportunity to issue limited edition reissues and rarities collections. There's even a special artist ambassador named every year. (For 2015, it's Dave Grohl. Josh Homme and Ozzy Osbourne have also served.)

Thanks to what was supposed to be at best a once-a-year event, RSD is now a global extravaganza on the third Saturday of April, as well as Black Friday.

I never miss a Record Store Day. I'm just happy to enjoy the experience of browsing in a crowded record store on a Saturday morning.

Takes me back, you know?

Baby North baptized

MEDIA FRENZY

Kimye clan in Jerusalem for two-day visit

Kim Kardashian and husband Kanye West visited a centuries-old Armenian church in Jerusalem on Monday for the baptism of their daughter, North West.

The Kardashians fended off swooning fans as they entered the St. James Cathedral in Jerusalem's Old City. Kardashian, appearing overwhelmed, clutched the tiny girl as she was escorted by West, her sister Khloe and hooded clergymen.

"Stop," Kim Kardashian shouted to the crowd. "Stop! It's not safe for the baby," her sister added.

Archbishop Aris Shirvanian, an Armenian church official, said the family had arrived for a baptism ceremony.

"Kim Kardashian's daughter will be baptized and become a Christian officially and a member of the Armenian church," Shirvanian said, slightly perplexed by all the commotion. "All I know is that she's a famous personality. I don't know her in person. In any case she is welcome with her family."

There were no details on the ceremony, and the family left the church without speaking to reporters.

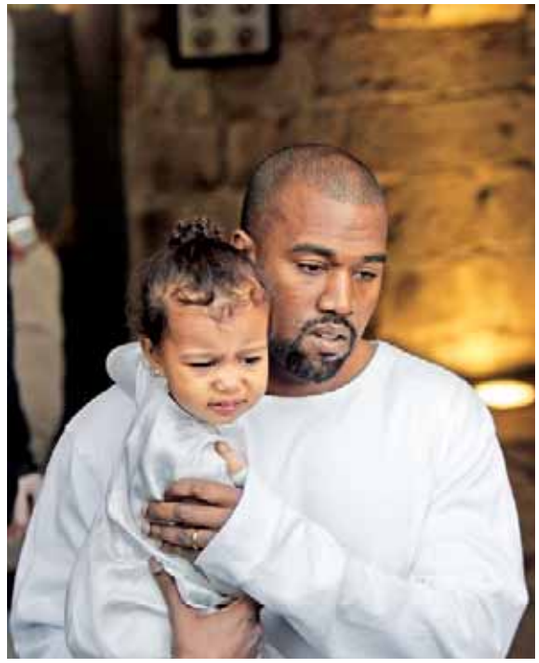
The members of reality TV's first family arrived in a private jet at Israel's international airport on Monday for what was described as a private two-day visit.

All were captured on camera disembarking their plane and the images featured prominently on Israeli websites. They were quickly whisked away in a dark black SUV to a hotel in Jerusalem. Paparazzi did their best to keep up with their movements.

The celebrities arrived from a high-profile visit to Armenia, where the Kardashian family traces its roots.

They are expected to shoot some footage for their reality show in Jerusalem before moving on to Jordan.

THE ASSOCIATED PRESS



Kanye West carries North at the Armenian St. James Cathedral in Jerusalem's Old City on Monday. AHMAD GHARABLI/AFP/GETTY IMAGES

FRIENDLY/FEUDING

Amber Rose cool with Kendall; others aren't

Amber Rose would like the world to know that reports of friction between her and Kendall Jenner at Coachella have been greatly, greatly exaggerated.

A gossip item surfaced claiming the pair had been super-"awkward" around each other and "came close to clashing" at a VIP party sponsored by high-end luxury brands McDonald's and Chevrolet. But Rose insists it's all bogus. "It's so annoying. It just never happened. They pull stories out of their f—ing asses," she tells E! News. "Me and my friends had a great time and I'm sure she did, too." I'm sure.

The quality of the time Jenner had is actually still up for debate, since she was definitely the target of ire from rapper Tyler, The Creator, who singled her out in a rant about VIP guests getting better seats closer to the stage at his performance. "Kendall Jenner here thinking she cute and s—," he said between songs. "Hey, Kendall, Kendall, Kendall — I'm over here to your right. F— you." Man, Coachella really sounds fun, huh?

NED EHRBAR/METRO

CLOSE CALL

Ryan OK after paparazzo hit-and-run

This is no way to get an exclusive, guys! Ryan Reynolds was the victim of a hit-and-run in his hometown of Vancouver when a paparazzo's car struck him in a parking garage and then totally fled the scene — most likely because the only way they know how to drive is in chase mode.

"While walking, Ryan was struck by a paparazzi driving a car through an underground parking garage," the actor's rep says in a statement.

"The man fled the scene. Ryan is OK."

The incident happened in the residential parking lot of the Shangri-La Hotel. CBC News reports suggest the actor was injured, but police did not release further details.

Reynolds, at least, has a sense of humour about the whole thing:

"Put Beachcombers back on the air and I'll call," he tweeted.

NED EHRBAR/METRO IN HOLLYWOOD

WARDROBE MALFUNCTION

Oops! Sheen gets an eyeful of his co-star

Now that's a striking image. While on hand for a screening of her film Bhopal: A Prayer for Rain in Hollywood, Mischa Barton suffered a bit of a revealing wardrobe malfunction when the plunging neckline of her blouse plunged a little too far and revealed her nipple.

Which would've been embarrassing but not really newsworthy, except for the fact that co-star Martin Sheen noticed — and noticed big-time. His expression is priceless, no? NED EHRBAR/METRO

SPLASH NEWS

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Egg freezing not a fertility panacea

RESEARCH

Procedure has incredibly low success rate of pregnancy

The pregnancy rate using frozen and thawed eggs is only 4.5 per cent to 12 per cent. ISTOCK

Women who are considering having their eggs frozen to prolong fertility should be aware there's no guarantee they will have a baby, despite spending thousands of dollars on the retrieval procedure and storage, researchers say.

In an analysis published Monday in the Canadian Medical Association Journal, the researchers say primary-care doctors need to counsel women that so-called social egg freezing isn't insurance against future infertility and point out the high cost and medical risks of in-vitro fertilization.

"It's really getting marketed like it's a backup plan, it's insurance," said lead author Angel Petropanagos, a post-doctoral fellow at Dalhousie University. "The problem is that the success rate isn't really that great.

"It's not guaranteed, so you can spend all this time, energy and money investing in egg freezing and think you're covered, and when it comes down to it 10 years down the line, the IVF won't result in a live birth," she said from Halifax.

"Some women might understand that, that it's still a gamble. But depending on how this is marketed, some women might see this as a guarantee when it's really not."

Egg freezing has been used for some time to preserve fertility in young women and girls treated for cancer, for instance. But more women who are delaying motherhood to build a career or who have not yet met a suitable partner are also electing to cryo-preserve their ova.

Females are born with all their eggs, or oocytes, but over time they begin to diminish in number and degrade in quality. To protect or preserve fertility, a number of eggs can be retrieved following hormonal stimulation of the ovaries, then flash-frozen and stored.

In Canada, each stimulation cycle costs $5,000 to $10,000, with annual storage fees ranging from $300 to $500, depending on the clinic, the researchers write.

In October, the Canadian Fertility and Andrology Society released a position paper on egg freezing, describing it as "an option for women wishing to preserve their fertility in the face of anticipated decline." That contradicted a position statement by the American Society for Reproductive Medicine and the American Society for Assisted Reproductive Technology (ASRM-SART), which cautioned against the practice.

ASRM-SART estimates that the survival rate of oocytes after vitrification (flash-freezing) and thawing is 90 per cent to 97 per cent; the fertilization rate is 71 per cent to 79 per cent; and the implantation rate of fertilized embryos is 17 per cent to 41 per cent.

But Petropanagos said the U.S. statistics also show the IVF pregnancy rate using frozen and thawed eggs is only 4.5 per cent to 12 per cent — and that's primarily among women who had their ova preserved before age 30.

Rates of pregnancy and live births decline among women as they age, and that's likely true for those who have their eggs frozen when they're older, she said.

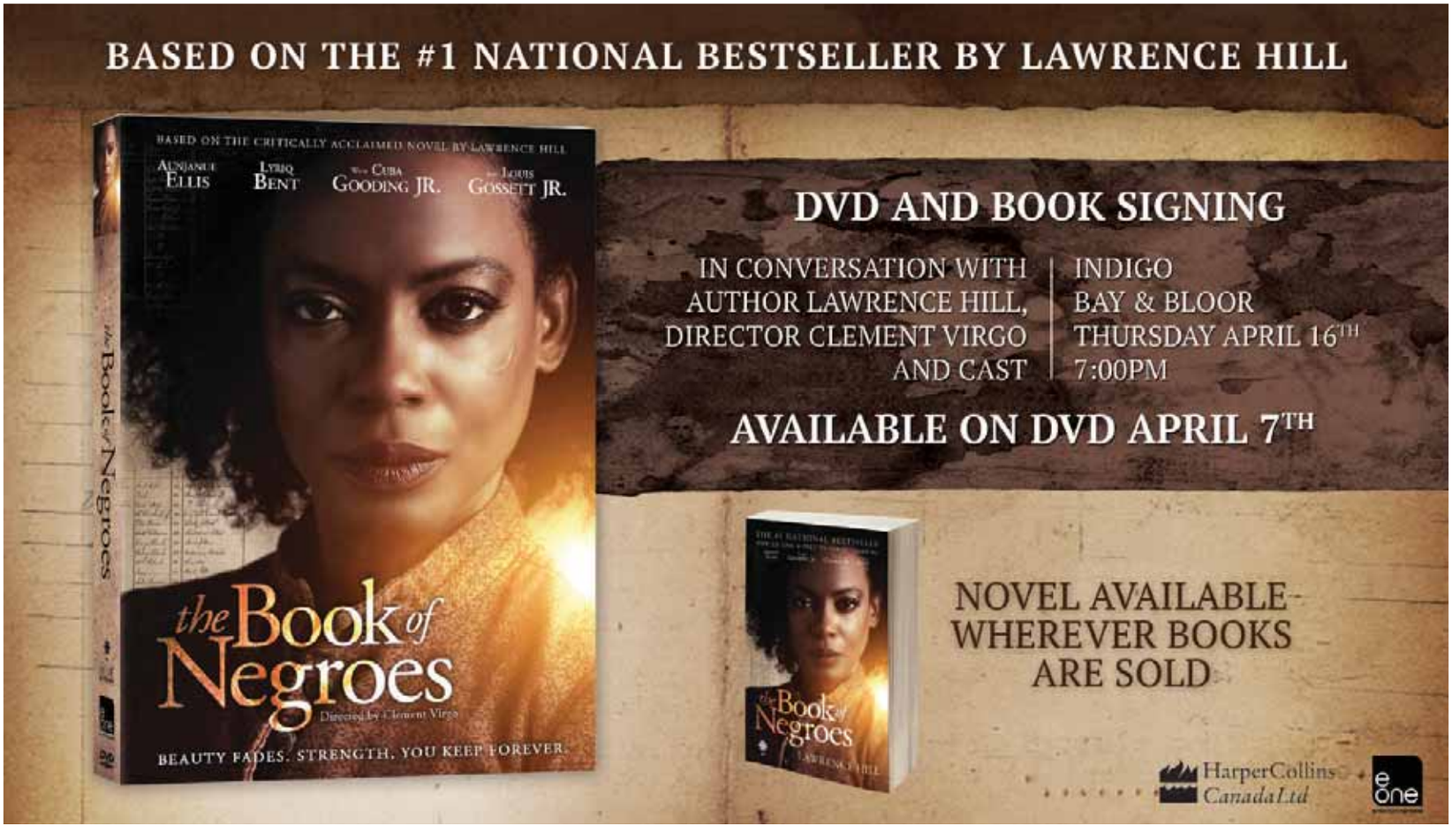
"So the concern is if you're in your mid-30s or late 30s even and you want to use social egg freezing, there's not great data for how viable those eggs are going to be when frozen and then you try to use them later for IVF," she said.

"If you froze your eggs early enough, you have young oocytes and you reduce your chances of having a child with chromosomal abnormalities ... You'd have a better chance of pregnancy with younger eggs than with older eggs." THE CANADIAN PRESS

MONEY PRICEY PLAN

Preserving eggs can cost more than $10,000

Provincial health insurance programs don't cover social egg freezing or related IVF. Given the high cost, the authors say, elective egg freezing is likely an option for only a small group of financially privileged women Using IVF to get pregnant also carries a number of risks, including multiple births, premature delivery and low birth-weight babies. THE CANADIAN PRESS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RUNNING MATE

Distance running may have evolved as desirable male trait, research says

Men with strong reproductive potential tend to be better at distance running, according to a new study from the University of Cambridge published in the journal PLOS One.

In the hunter-gatherer age, females likely judged potential mates by their ability to run, an indicator of being able to provide well.

Good providers, say the researchers, tend to be generous, and good hunters tend to be intelligent — and both of these traits likely attracted more females, too.

"The observation that endurance running ability is connected to reproductive potential in men suggests that women in our hunter-gatherer past were able to observe running as a signal for a good breeding partner," says lead author Dr. Danny Longman.

The finding supports theories saying "persistence hunting," or, outwitting prey by chasing it until it becomes exhausted, was commonly employed by our ancestors. AFP

Endurance ability is a desirable quality. ISTOCK

Comfort goes the distance

FITNESS

Ways to recover after a marathon

For those preparing to run a marathon in the coming days or weeks, it's not too soon to start planning the recovery period. Plenty of rest, water and healthy food are among your best allies after an endurance run.

Drink up

Marathon runners can lose up to five per cent of their total body weight during the race, or around four to five litres of fluids on average. To avoid dehydration and help the body replenish its reserves, be sure to drink plenty of fluids during the hours after you cross the finish line, whether you prefer water, fruit juice or sports recovery drinks. While it may be tempting to celebrate with a beer, alcoholic drinks are best avoided in the days following the race, as your liver is already working overtime to eliminate toxins.

Soothe aches with heat

To aid the recovery of the muscles and tendons that carried you across the finish line, don't hesitate to apply heat packs to your legs. Hot baths, saunas and warm massages are also excellent for relaxing the body and the mind after the intense effort of an endurance race.

Watch what you eat

The post-marathon diet plays several key roles in aiding recovery. Eating plenty of protein and dairy can help the body repair damaged muscle tissues and rebuild its reserves of various nutrients lost during the race. Certain fruits and vegetables, meanwhile, can aid in the elimination of the toxins and waste produced during the intense effort. Finally, slow-burning carbs will help the body restore its energy reserves. Avoid the temptation of overdoing it after the race, as your digestive system is likely also still recovering.

Take it easy

After months of training and hours of pounding the pavement, you've certainly earned a break. Experts recommend taking at least five to 10 days off from any form of intensive exercise after a marathon in order to give the muscles and tendons plenty of time to recover. When you decide to train again, start off slow with gentle exercise such as walking, swimming or biking. Finally, when you feel ready to run again, limit yourself to around 30 minutes per session over the course of a few weeks.

Magdalene Masai of Kenya competes in the Women's 3000 Metre Steeplechase during the IAAF Melbourne World Challenge last month. GETTY IMAGES

HAPPY FEET

To prepare your feet for several hours of pounding the pavement, rub them with lemon juice to remove dead skin cells before applying an anti-friction blister prevention cream.

Psychological recovery

Running a marathon clearly takes a toll on your body, but it can also have a significant psychological impact.

It is not uncommon for athletes to experience a let-down feeling or even mild depression the day after a marathon, and it may take the mind several weeks to adjust and establish new goals. After experiencing the euphoria of crossing the finish line, it is important to identify new and different sources of motivation.

Most importantly, during the days and weeks after a marathon, be sure to listen to your body. Every athlete is unique, and the best thing you can do for your physical and mental recovery is to remain attentive to your individual needs. AFP

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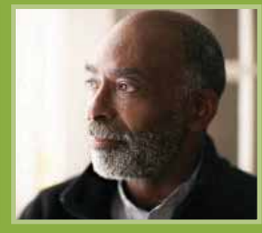

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metro SPORTS

Injured Chicago star Patrick Kane will return in the first round vs. Nashville

Tuesday, April 14, 2015

Dome's din dimmed by Rays

MLB

Knuckleball turns on Jays in home opener

MONDAY In Toronto

RAYS	BLUE JAYS
2	1

The Tampa Bay Rays took advantage of an erratic R.A. Dickey and spoiled the Blue Jays' home opener by shading Toronto 2-1 on Monday night before a sellout crowd at Rogers Centre.

Dickey gifted the Rays a pair of runs in the fourth inning by issuing two walks with the bases loaded. That was enough of a cushion for Tampa Bay starter Jake Odorizzi, who allowed only two hits and one earned run over eight innings.

Brad Boxberger worked the ninth for his third save.

The game was the first in a four-game series between the American League East clubs. It's part of a 10-game homestand for the Blue Jays (4-3), who won their first two series on the road.

Odorizzi (2-0) gave up a pair of two-out walks in the opening inning. A wild pitch put both runners in scoring position, but the right-hander caught Josh Donaldson looking to get out of it.

In the third inning, the Rays (4-3) put runners on second and third after an infield single, walk and a balk. But Dickey (0-1) got cleanup hitter Evan Longoria to fly out to end the threat.

Desmond Jennings and Allan Dykstra stroked back-to-back singles to open the fourth. Rene Rivera popped up, and Dickey made Kevin Kiermaier wave at a knuckleball for a strikeout.

Tim Beckham walked to load the bases and David DeJesus worked a full count. The towel-waving crowd of 48,414 tried to will Dickey to a third strike but he was well wide to give Tampa Bay its first run.

The veteran right-hander walked in a second run by giving another free pass to Steven Souza Jr. Asdrubal Cabrera flew out to end the Tampa half of the inning.

Odorizzi, meanwhile, settled in after his shaky opening frame. The Blue Jays didn't get a hit until Kevin Pillar's two-out double in the fifth inning and Devon Travis lashed a single to drive in Toronto's only run.

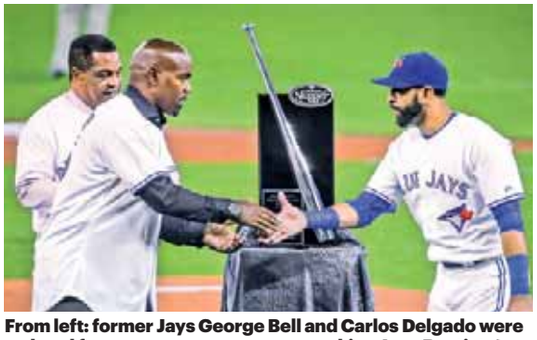
Dickey allowed three hits and two earned runs over six innings. He had six strikeouts but walked five batters.

Roberto Osuna worked two innings of relief for Toronto and Aaron Loup pitched the ninth. Jose Bautista walked in the bottom of the ninth but was caught stealing after Edwin Encarnacion struck out.

Josh Donaldson hit a towering fly ball to the warning track to end the game, which took two hours 30 minutes to play. The Rays out-hit the Blue Jays 3-2.

The Blue Jays have lost four straight home openers for the first time in franchise history. Toronto fell to 26-13 in home openers, with a 16-10 mark at Rogers Centre.

THE CANADIAN PRESS



From left: former Jays George Bell and Carlos Delgado were on hand for a pre-game ceremony marking Jose Bautista's third Silver Slugger honour. DAVID COOPER/TORSTAR NEWS SERVICE

Russell Martin's first experience catching R.A. Dickey at the Rogers Centre was rocky, to say the least. The Jays knuckleballer walked two runners in and issued five free passes to the Rays on the night. PETER POWER/THE CANADIAN PRESS

NHL

Shanahan's shakeup 'just the beginning' of Leafs' overhaul

Leafs president Brendan Shanahan says more changes are coming as he starts to build a "resilient" team with "character." CHRIS YOUNG/THE CANADIAN PRESS

In just over a year as president of the Maple Leafs, Brendan Shanahan has sacked the general manager, two different head coaches and several assistants and scouts.

"(Players) understand yesterday was just the beginning, that there will be some changes," Shanahan said Monday, a day after firing GM Dave Nonis, interim coach Peter Horachek, his staff and several scouts.

With a long-term vision in mind, Shanahan and his already-established staff will hire a new general manager and coaching staff. Shanahan's goal is to find "resilient" people to fill those spots, in the front office, behind the bench and on the ice to carry out his vision.

"The challenge here in Toronto is not to come up with the plan. The challenge in Toronto is to stick to it," Shanahan said. "Shortcuts have gotten this organization into trouble in the past. This has to once and for all be a build that we are committed to and that we don't stray from."

The next few months are expected to bore out that the vision doesn't include the likes of captain Dion Phaneuf and right-winger Phil Kessel. Shanahan didn't name names but made it clear the roster won't look the same in the 2015-16 season.

"As a group, as a mix, I think they've shown and they understand and accept that over the last several years, not just this year, for whatever reason the mix doesn't work," Shanahan said. "After what's happened here over the last several years, I think (change) has to include everybody." THE CANADIAN PRESS

"I feel this year personally I did not play well enough. My numbers I think reflect that.

Dion Phaneuf posted three goals and 29 total points and was minus-11 in 70 games with the Leafs in 2014-15.

Intimidating Spurs peaking for playoffs

NBA

Duncan and co. are making up for a bad start to season

Must be spring. Here comes San Antonio. Winners of 22 of their last 26 games to close last year's regular season — the perfect tuneup to what became a title run — the Spurs are at it again. They're 21-3 in their past 24 games, rising from the bottom of the Western Conference playoff pack to quite possibly the team to beat in this year's playoffs.

And the message from those who've played them lately? Be afraid. Be very afraid. "To me, they're still the best team in the NBA," Miami forward Udonis Haslem said. Golden State and Atlanta might argue, but perhaps to no avail. Since Feb. 27, no team in the league has a better record, better scoring average, better field-goal percentage or better free-throw percentage than the Spurs — who figure to have a great chance to do the one thing that's missing from their franchise's glistening resume.

The five-time champions have never won back-to-back titles. That might change.

"They are rounding into form," said Golden State coach Steve Kerr, whose team has the No. 1 overall playoff seed. "They are doing what championship teams do. You try to peak at the right time and they are peaking. They are playing awfully well."

For much of the year, the Spurs looked, well, mortal.

They lost nine out of 13 in one stretch in December, including a bizarre run of three straight home defeats — one in overtime, then the other two both in triple overtime over a three-day span. They came back from the All-Star break as their annual road trip when the rodeo visits San Antonio continued, and promptly lost four in a row.

"It's usually around the rodeo trip in February where we turn that corner, but it didn't work out that way this time and it took a little longer," Spurs forward Tim Duncan said.

"But I think we finally are at a place where we're starting to feel that confidence." What they got was healthy. It took Kawhi Leonard — the NBA Finals MVP from last year — about half the season to get right, after dealing with first an eye infection and then a torn hand ligament. Tony Parker basically had to sit out all of December. Manu Ginobili missed four games last month with a bad ankle. Now, they're rolling.

"We are starting to play the way we want to play right now," Duncan said. "Starting to."

That's a scary thought, given the way they're playing right now.

THE ASSOCIATED PRESS

Tim Duncan and the Spurs have won their last 11 overall — going from No. 7 to No. 2 in the West in that span. GETTY IMAGES

EPL

Reds close on top 4 after Sterling work

Raheem Sterling and Joe Allen scored in each half to give Liverpool a 2-0 win over Newcastle in the Premier League on Monday that puts the club four points from the last Champions League place.

Sterling opened the scoring in the ninth minute when he downed a long cross on the left edge of the area and dribbled past two defenders before slotting a neat finish inside the far post. Liverpool dominated after the interval and Allen volleyed in the second in the 70th minute.

Newcastle midfielder Moussa Sissoko was then sent off in the 83rd for a second booking after lunging in recklessly on Lucas. It was Newcastle's fifth straight loss but the club is still nine points clear of the relegation zone in 13th place.

Liverpool was coming off two losses to top-four rivals Manchester United and Arsenal but bounced back with a convincing display that keeps its hopes of Champions League football alive. The club is now four points behinds fourth-place Manchester City, which lost to United on Sunday.

THE ASSOCIATED PRESS

Raheem Sterling celebrates his goal. GETTY IMAGES

IN BRIEF

Pacioretty unsure on his fitness ahead of playoffs

Max Pacioretty took part in the Montreal Canadiens practice on Monday but still isn't sure if he'll be ready to play in the opening game of their playoff series against the Ottawa Senators. The Canadiens scoring leader with 37 goals doesn't know if he is fully recovered from an injury suffered April 5 in Florida. THE CANADIAN PRESS

Hernandez awaits his fate as jurors' deliberations roll on

Jurors deciding whether to convict former New England Patriots player Aaron Hernandez of murder went back to work Monday for a fifth day of deliberations. Hernandez is charged with the 2013 killing of Odin Lloyd, who was dating Jenkins' sister. Lloyd's body was found in an industrial park close to Hernandez's home. THE ASSOCIATED PRESS

Tuesday, April 14, 2015

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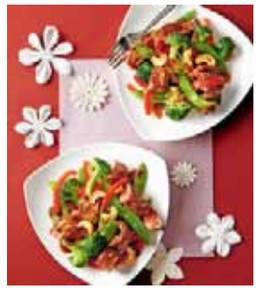

Ready in
Prep time: 15 minutes
Cook time: 8 minutes

Directions

1. To make the sauce, whisk the stock, brown sugar, soy sauce, vinegar, sesame oil, cornstarch, garlic and ginger in a bowl. Set aside.

2. Lightly coat a large, non-stick skillet with cooking spray and place over high heat. When the skillet is hot, brown the beef for 3 minutes, or until it's browned but still rare. Remove from the pan, let rest for 5 minutes, then slice thinly.

3. Respray the pan. Heat the vegetable oil, then add the broccoli, red pepper and snow peas. Cook for 3 minutes. Return the beef to the pan. Stir the sauce and add to the pan. Stir-fry for 2 minutes or until the sauce is thickened and bubbly and the beef is done to your liking. Be careful not to overcook.

4. Place on a serving platter and garnish with cilantro or parsley, green onions and cashews (if using).

Ingredients
Serves 4
- 3/4 cup beef (or chicken) stock
- 1/4 cup packed brown sugar
- 2 Tbsp low-sodium soy sauce
- 2 Tbsp rice vinegar
- 2 tsp sesame oil
- 1 Tbsp cornstarch
- 2 tsp finely chopped garlic
- 1 1/2 tsp finely chopped ginger
- 12 oz boneless grilling steak
- 2 tsp vegetable oil
- 1 1/2 cups chopped broccoli
- 1 1/2 cups thinly sliced red bell pepper
- 1 1/2 cups snow peas
- 1/4 cup chopped cilantro or parsley
- 1/4 cup chopped green onions
- 2 Tbsp chopped toasted cashews (optional)

Nutrition per serving
- Calories 161
- Protein 10 g
- Carbohydrates 25 g
- Fibre 3 g
- Total fat 10 g
- Saturated fat 2.5 g
- Cholesterol 15 mg
- Sodium 375 mg

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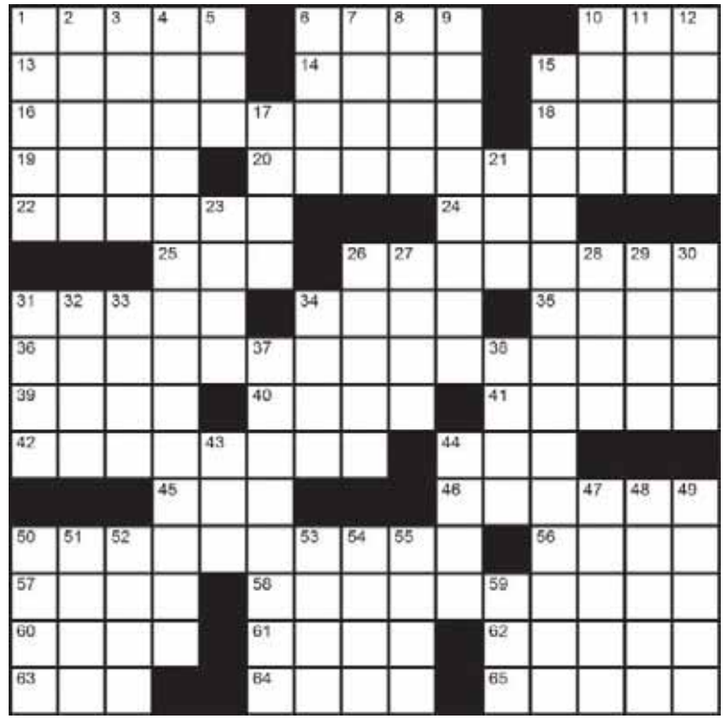

ACROSS
1. Verse variety
6. Business gathering, e.g.
10. Ruminant's snack
13. Mr. Leung (Judge on "Master-Chef Canada")
14. Tell _ _ (Deceive)
15. Heal
16. Tune off Taylor Swift's '1989' album: 2 wds.
18. Pond 'plant'
19. Yearn
20. "Elevator _ _" by Canadian band Stars
22. "Lawrence of _" (1962)
24. Suffix meaning 'somewhat'
25. "Am _ _ brother's keeper?"
26. Dime's amount: 2 wds.
31. Flooded
34. _ Yang Twins (Rap music duo)
35. Canadian comedian/actor Jon
36. "The Big Bang Theory": 3 wds.
39. Not worth _ _ (Without value)
40. Virginia willow
41. Appeases cravings
42. Desert-like climate
44. "Shallow _" (2001)
45. _-la-la
46. Alanis Morissette's "You _ Know"
50. Collectors of the gold that oozes from Maples: 2 wds.
56. Mr. Julia
57. Medley
58. Cape Breton: Fortress of _ National Historic Site of Canada
60. Disavow
61. French: Ici _ _ (Here and there)
62. "Ha! _ _ knew that!"
63. Chopper
64. "_, _ I was saying..."
65. Vice _

DOWN
1. "Usted _ español?" (Do you speak Spanish?)
2. _ _ nothing
3. Ms. Trump
4. Stage name of Hamilton-born blues musician Richard Newell: 3 wds.
5. Anonymous [abbr.]
6. Mob chief
7. Norwegian king, variantly
8. Courteous
9. "Teardrops rolling down on my face..." song
10. Religious sect
11. Compel
12. Letter starter...
15. Vancouver Island: Old forest growth of giant Douglas Firs in MacMillan Provincial Park: 2 wds.
17. Kill
21. Top left corner PC key
23. "The way I see it...", in Web speak
26. _ over (Helped out in the interim)
27. Irish songstress
28. "_ _ isn't." (Doubter's observation)
29. Tire swing need
30. Legis. meeting
31. Epiphanies!
32. Knowing
33. Mr. Egoyan
34. Himalayas legend
37. Moncton's professional basketball team
38. Biblical twin
43. _ Islands, Indonesia
44. "Bonanza" son
47. Rutger of reels
48. Revolves
49. Suffix denoting 'pain'
50. Pop
51. Mr. O'Loughlin of "Hawaii Five-0"
52. Country cabin wood
53. Stringed instrument of Japan
54. Katharine Hepburn's "Rooster Cogburn" (1975) role
55. Ms. Carrere's
59. Drink [abbr.]

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You like excitement but you need security too and the planets will in some way remind you today that matters of a business and financial nature must not be neglected. Have fun by all means but keep an eye on your cash too.

Taurus April 21 - May 21
You are in no mood to follow the herd. With mind planet Mercury moving into your sign you will go your own way and do your own thing even if the whole world is against you. You'll make a big impression, and a good one too.

Gemini May 22 - June 21
What happens today will plant a seed of doubt in your mind and it will rapidly reach the point where you can no longer deny that something is wrong. That's good: once you know what's wrong you can take steps to fix it.

Cancer June 22 - July 23
There may be a crisis of some sort over the next 24 hours but your confidence is sky high at the moment so chances are you will find a solution. Others will turn to you when their lives go into freefall. Somehow you know what to do.

Leo July 24 - Aug. 23
There is so much you want to do and so much you can do but don't do it all in one go. You may feel that if you don't act immediately the opportunity will be lost but that's not true. You have all the time in the world.

Virgo Aug. 24 - Sept. 23
You will enjoy yourself more if you are on the move. It may still be early in the week but if you can arrange a trip to some place you have never been to before, you should do so as it will open your mind to new possibilities.

Libra Sept. 24 - Oct. 23
If you think you are owed something, be it money, respect, or whatever, you can get it today. Mercury will help you find the words that can persuade others to give you what you desire. They simply won't dare tell you "no."

Scorpio Oct. 24 - Nov. 22
Do you know the meaning of the word compromise? Hopefully you do because the planets warn you won't get your way by force alone over the next 24 hours. Be willing to negotiate and be ready to give ground as well as take it.

Sagittarius Nov. 23 - Dec. 21
What you do for or to other people always comes back to you eventually, and if you bear that thought in mind today, and act accordingly, you won't go far wrong. It's always better to give than to receive – in the short-term anyway.

Capricorn Dec. 22 - Jan. 20
You can turn almost any situation to your advantage over the next 24 hours. Mars in the most dynamic area of your chart means you are intensely ambitious – and it makes you more passionate than usual. Try mixing business with pleasure!

Aquarius Jan. 21 - Feb. 19
A domestic issue that has been bugging you for some time can and must be dealt with today. The answer to the problem will appear in your mind seemingly out of nowhere and once it does don't wait or think about it – just act.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

1			9		2			5
	7						8	
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